



## FPP55

# Focused Phone Practice 5 Things for 5 Minutes

1. Grab that smartphone!
2. Hit record and create a 5-minute dictation of up to five briefs or one concept that you want to learn.
3. Practice 5 minutes, 2-3 times a day. You can even do steno in your head!
4. Set your goal of **one week** to commit these to memory.
5. Focused phone practice is how it happens... it's easy and it's free!

Examples:

I need to resolve stacking for **are you, did you, and to you**. I'll dictate sentences using these three phrases over and over. Practice twice daily!

I have five new briefs I want to learn. Dictate sentences using these five briefs over and over. Practice 2-3 times daily!

My goal is to learn the JUP/YUP part of Up Down Over and Out Theory. I'll dictate words that begin with up (upbeat, upright, upstart, etc.) and words that end with up (checkup, backup, pileup, etc.) and alternate saying the JUP and YUP in the words to help me learn them. Practice 2-3 times daily!

When we break things down into small pieces and learn families of concepts or briefs, learning is easy! Stick to your deadline of one week. Then move on to the next group of things you'd like to learn.

Websites that create sentences:

[sentencedict.com](http://sentencedict.com)

[coolgenerator.com/random-sentence-generator](http://coolgenerator.com/random-sentence-generator)

[wordhippo.com](http://wordhippo.com)